

Different Techniques and Strategies for Parents and Teachers

Slowed-Down Speech Technique: (Millard, Edwards, and Cook, 2009)

Rationale: Models smoother, more fluent speech and builds more time into the conversation

How to do it:

- Slow down your speech to 75%
- Add more pauses and hold for a beat more
- Slow down and stretch at the start of sentences (Ex. Sooooo today we are going to...)
- Reflect the child's speech back more slowly.
(Ex. Child: To-today I w-w-went on the slide a-a-at recess."
Adult: You went down the slide at recess today. That sounds fun!)

Reduced Demands Technique: (Millard, Edwards, and Cook, 2009)

Rationale: A speaking burden dialed way back leads to more fluent speech

How to do it:

- Daily one-on-one full attention time
- Child takes the topic lead
- Don't finish their sentences for them
- Make more comments than questions (Ex. Instead of asking "what are you drawing?" you could comment, "It looks like you're drawing a...")
- Closed questions over open ended questions (Ex. Instead of asking, "What did you do at school today?" ask a question that can be answered with a short response-"Did you have music, art, or Phy. Ed. today?")
- Pause between turns in the conversation
- Make everything they say feel like the most important thing to you in the world

Syllable-Timed Speech Technique: (Trajkovski et al., 2011)

Rationale: Uses rhythm to induce fluent speech

How to do it:

- So instead of talking like this
- Talk. Like. This. Brea-king. Up. Each. Word. In. to. Syl-la-bles. And. put-ting. A. pause. Af-ter. Each. One.

Response Contingencies Technique (Rousseau et al., 2007)

Rationale: Uses verbal feedback to mold children's speech system circuits

How to do it:

- Five types of responses
- Three for fluent speech and two for overtly stuttered speech
- For fluent speech:
 - 1. Praise-Ex. "I loved that smooth easy speech."
 - 2. Child Self-Evaluation-Ex. "Was that smooth?"
 - 3. Acknowledgement-Ex. "No bumps there."
- For stuttered speech:
 - 1. Acknowledgement-Ex. "That word got stuck."
 - 2. Ask For Child Self-Correction-Ex. "Can you try that again smoothly?"
- For every 5 responses related to fluent speech, use 1 response related to stuttered speech (5:1 Ratio)